

# 2025 July

 **Centre Name:** Active Ageing Centre (Redhill)  
 **Centre Address:** Blk 71 Redhill Road #01-29 S150071  
 **Centre Contact:** 6473 8557 (Joyce / Daniel / Firdaus / Megan)



 NTUC Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Adaptive Sports 9:30am - 10:30am Let's Gen with My First Skool 10:30am - 11:30am	Chair Zumba (HPB) 10am - 11am	Let's Exercise with Razak on Zoom 10am - 10.45am Let's Makan 12pm - 1pm	Let's Pai Da with Jenny Tan 10am - 11am	
	Strategise with Kakis 1pm - 2pm Let's Do Collaborative Art 1pm - 3pm	Strategise with Kakis 12pm - 1pm	Strategise with Kakis 1pm - 2pm Karaoke 2pm - 4pm	Strategise with Kakis 1pm - 2pm Line Dance 2pm - 3pm	
	Therapeutic Horticulture 3pm - 4.30pm	Let's learn English (C) 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Aqua Fun Fit 4.30pm - 5.30pm Community Health Post	Let's Gen with CJC 3pm - 4.30pm Community Health Post	
7	8	9	10	11	12
Let's Stretch Band (HPB) 10am - 11am	Adaptive Sports 9:30am - 10:30am Therapeutic Horticulture 10.30am - 12pm	<b>NICA Festival (Registered only)</b> <b>9am - 12pm</b> Chair Zumba (HPB) 10am - 11am	Let's Exercise with Razak on Zoom 10am - 10.45am Let's Makan 12pm - 1pm Strategise with Kakis 1pm - 2pm	Let's Pai Da with Jenny Tan 10am - 11am	
Private Event 11am - 2pm	Digital Coaching By Staff 12pm - 1pm	Strategise with Kakis 1pm - 2pm	Let's Go BINGO 2pm - 3pm	Strategise with Kakis 1pm - 2pm Line Dance 2pm - 3pm	
Oral Hygiene & Dental Care Talk for Seniors 2pm - 3.30pm	Let's Do Collaborative Art 1pm - 3pm	Staff Training 2pm - 6pm	Aqua Fun Fit 4.30pm - 5.30pm Community Health Post	Lets Chit Chat / Tea time 3pm - 4pm Community Health Post	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Stretch Band (HPB) 10am - 11am	Adaptive Sports 9:30am - 10:30am	Chair Zumba (HPB) 10am - 11am	Let's Exercise with Razak on Zoom 10am - 10.45am Strategise with Kakis 1pm - 2pm	Let's Pai Da with Jenny Tan 10am-11am	<b>LPA Talk Heartbeat @ Bedok 10am</b>
Strategise with Kakis 1pm - 2pm	Strategise with Kakis 1pm - 2pm Let's Do Collaborative Art 1pm - 3pm	Impressed Minds Talk 11am - 1pm Lets Gen with Nanyang Girls 1pm - 2pm	Let's Celebrate (Birthday) 2pm - 4pm	Strategise with Kakis 1pm - 2pm Line Dance 2pm - 3pm	
NParks Workshop (Basic Gardening) 2pm - 3.30pm	Therapeutic Horticulture 3pm - 4.30pm	Let's learn English (C) 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Aqua Fun Fit 4.30pm - 5.30pm Community Health Post	Let's Gen with CJC 3pm - 4.30pm Community Health Post	
21	22	23	24	25	26
Let's Stretch Band (HPB) 10am - 11am	Adaptive Sports 9:30am - 10:30am Therapeutic Horticulture 10.30am - 12pm	Chair Zumba (HPB) 10am - 11am	Let's Exercise with Razak on Zoom 10am - 10.45am Let's Makan 12pm - 1pm	Haircut 9am - 11am Let's Pai Da with Jenny Tan 11am - 12pm	
Strategise with Kakis 1pm - 2pm	Strategise with Kakis 1pm - 2pm	Strategise with Kakis 1pm - 2pm	Strategise with Kakis 1pm - 2pm Karaoke 2pm - 4pm	Strategise with Kakis pm - 2pm Line Dance 2pm - 3pm	
SGH Health Talk on Sleep 2pm - 3.30pm	Let's Do Collaborative Art 1pm - 3pm	Let's learn English (C) 2pm - 3pm Movie At Vivocity 3pm - 7pm	Aqua Fun Fit 4.30pm - 5.30pm Community Health Post	Let's Gen with CJC 3pm - 4.30pm Community Health Post	

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MON	TUE	WED	THU	FRI	SAT
28	29	30	31		
Let's Stretch Band (HPB) 10am - 11am	Adaptive Sports 9:30am - 10:30am Drone flying with NP (Part 2) 9.30am - 11.30am	Chair Zumba (HPB) 10am - 11am	Gateway Theatre Play (Part 2-SCAM) 9:30am - 11:30am Let's Exercise with Razak on Zoom 10am - 10.45am Let's Makan 11am - 12pm		
Strategise with Kakis 1pm - 2pm	Strategise with Kakis 1pm - 2pm Let's Do Collaborative Art 1pm - 3pm	Strategise with Kakis 1pm - 2pm	Strategise with Kakis 12pm - 1pm Let's gen with RVPS 1.30pm - 3.30pm		
Nagomi Art 2pm - 3pm  Digital Coaching By Staff 3.30pm - 4.30pm	Therapeutic Horticulture 3pm - 4.30pm	Let's learn English (C) 2pm - 3pm Lets Chit Chat / Tea time 3pm - 4pm	Aqua Fun Fit 4.30pm - 5.30pm  Community health Post		

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2025 七月

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MON	TUE	WED	THU	FRI	SAT
	1(星期二)	2(星期三)	3(星期四)	4(星期五)	5(星期六)
	一起做运动 9.30am - 10.30am	一起做坐式尊巴(HPB) 10am - 11am	一起跟Razak线上做运动 10am - 10:45am	一起做拍打运动 10am - 11am	
	代际交流 - 幼儿园 10.30am - 11.30am	游戏时间 Rummy O 12pm - 1pm	一起来 makan - 中心内 12pm - 1pm 游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	
	一起合创艺术 1pm - 3pm 游戏时间 Rummy O 1pm - 2pm	一起学英语 2pm - 3pm	卡拉OK 2pm - 4pm 一起去游泳 4.30pm - 5.30pm	一起跳排舞 2pm - 3pm 代际交流 - 公教初级学院 3pm - 4.30pm	
	园艺治疗 3pm - 4.30pm	一起饮茶 3pm - 4pm	社区健康岗	社区健康岗	
7 (星期一)	8(星期二)	9 (星期三)	10 (星期四)	11(星期五)	12(星期六)
一起做弹力带运动 (HPB) 10am - 11am	一起做运动 9.30am - 10.30am	NICA Festival 9am - 12pm	一起跟Razak线上做运动 10am - 10:45am	一起做拍打运动 10am - 11am	
公司活动 11am - 2pm	园艺治疗 10.30am - 12pm	一起做坐式尊巴(HPB) 10am - 11am游	一起来makan - 中心内 12pm - 1pm 游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm 一起跳排舞 2pm - 3pm	
(健康讲座)口腔健康与牙周护理 2pm - 3.30pm	一起学科技 12pm - 1pm 一起合创艺术 1:30pm - 3:30pm	职员培训 2pm - 6pm	宾果游戏 2pm - 3pm 一起去游泳 4.30pm - 5.30pm	一起饮茶 3pm - 4pm	
			社区健康岗	社区健康岗	
14 (星期一)	15 (星期二)	16 (星期三)	17 (星期四)	18 (星期五)	19(星期六)
一起做弹力带运动 (HPB) 10am - 11am	一起做运动 9.30am - 10.30am	一起做坐式尊巴(HPB) 10am - 11am 代际交流 - 南洋女中 11am - 12am	一起跟Razak线上做运动 10am - 10:45am	一起做拍打运动 10am - 11am	
游戏时间 Rummy O 1pm - 2pm 国家公园局作坊 2pm-3.30pm	游戏时间 Rummy O 1pm - 2pm	Impress Minds Talk 11am - 1pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	
	一起合创艺术 1pm - 3pm	一起学英语 2pm - 3pm	宾果(游戏)与庆祝生日 2pm - 4pm	一起跳排舞 2pm - 3pm	
	园艺治疗 3pm - 4.30pm	一起饮茶 3pm - 4pm	一起去游泳 4.30pm - 5.30pm 社区健康岗	代际交流 - 公教初级学院 3pm - 4.30pm 社区健康岗	

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MON

TUE

WED

THU

FRI

SAT

21 (星期一)	22 (星期二)	23 (星期三)	24 (星期四)	25 (星期五)	26 (星期六)
一起做弹力带运动 (HPB) 10am - 11am	一起做运动 9.30am - 10.30am	一起跳尊巴(HPB) 10am-11am	一起跟Razak线上做运动 10am - 10.45am	剪头发 9-10am	
游戏时间 Rummy O 1pm - 2pm	园艺治疗 10.30am - 12pm	游戏时间 Rummy O 11am - 12pm	一起来makan - 中心内 12pm - 1pm	一起做拍打运动 11am - 12pm	
(健康讲座) 黄金年华之安睡无忧 2pm-3pm	游戏时间 Rummy O 1pm - 2pm	一起学英语 2pm - 3pm	游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 12pm - 2pm	
	一起合创艺术 1pm - 3pm		卡拉OK 2pm - 4pm 一起去游泳 4.30pm - 5.30pm	一起跳排舞 2pm - 3pm 代际交流 - 公教初级学院 3pm - 4.30pm	
	一起饮茶 3pm - 4pm	一起看电影 - 怡丰城 3pm - 7pm	社区健康岗	社区健康岗	
28 (星期一)	29 (星期二)	30 (星期三)	31 (星期四)		
一起做弹力带运动 (HPB) 10am - 11am	一起做运动 9.30am - 10.30am	一起跳尊巴(HPB) 10am-11am	一起去看短剧 (第二部 - 防诈骗) 9:30am - 11:30am 一起跟Razak线上做运动 10am - 10.45am		
游戏时间 Rummy O 1pm - 2pm	学习无人机(第二部) - 义安工艺学院 9.30am - 11.30am 游戏时间 Rummy O 1pm - 2pm	游戏时间 Rummy O 1pm - 2pm	一起来makan - 中心内 11am - 12pm 游戏时间 Rummy O 12pm - 1pm		
一起做日本和谐粉彩 2pm - 3pm	一起合创艺术 1pm - 3pm	一起学英语 2pm - 3pm	代际交流 - 立化小学 1.30pm - 3.30pm 一起去游泳 4.30pm - 5.30pm		
一起学科技 12pm - 1pm	园艺治疗 3pm - 4.30pm	一起饮茶 3pm - 4pm	社区健康岗		

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